



U.S. Army Child, Youth  
& School Services

## Defensive Skills

**Defending the Ball!**

**Strength and conditioning!**

**Stance and Form Techniques!**

**Full-Court Press Systems!**

**Rebounding!**

**Footwork!**

**July 28th - August 1st**  
**8:00AM-4:00PM**  
**Housing Basketball Court**  
**Age 6-15**  
**Cost: \$230.00**

***All Participants will receive a T-Shirt  
and Certificate from the  
US Sports Institute!***

**Register: 973.724.5555**

## Offensive Skills

**Ball-Fake Techniques!**

**Daily Shooting Instruction!**

**Ball Handling!**

**Passing Skills!**

**Layouts!**

**Pick & Roll!**

**And Much More!**

**Questions?**  
**Call Kelly Lampeter,**  
**Skies Director**  
**973.724.7183**



**SKIES Unlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

